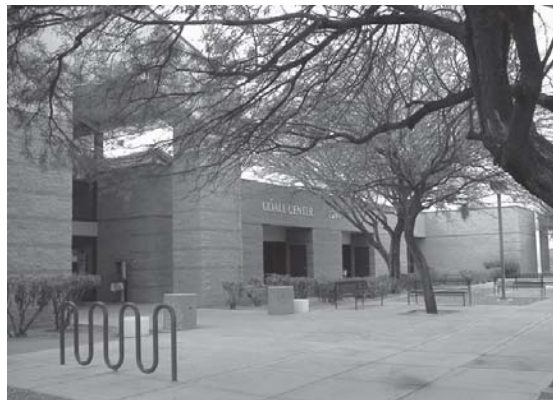


Morris K. Udall Regional Center



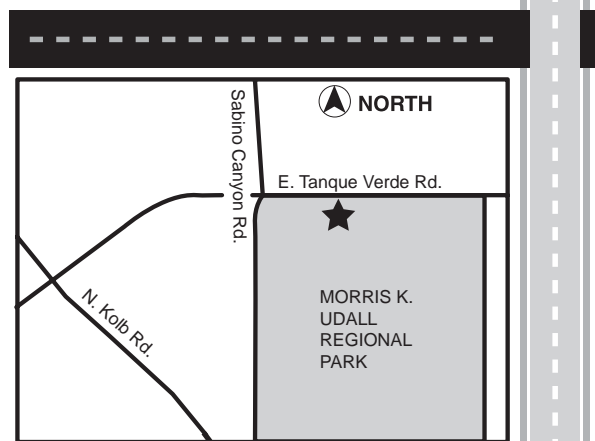
Center Supervisor: A.J. Rico
E-mail: aj.rico@tucsonaz.gov

**7200 E. Tanque Verde Rd.
791-4931**

Hours:

Monday- Friday	6am-10pm
Saturday	8am-6pm
Sunday	Noon-6pm
Holidays	Closed

The Center will be
closed on Mon., Feb. 18.



Adult Programs

- Racquetball leagues for 18+. Tues., 6-9pm. Fee involved, please call Center at 791-4931 for information.
- Open Volleyball - Sun., 3-6pm
- Open Basketball, Mon./Wed./Fri., 6-8am; Sat., 2-6pm
- Open Badminton - Tues./Thurs, 6-8am; Sat., 8-10am
- Leisure classes - refer to leisure class section.

Special Events

- Feb. 21-22- Rodeo Break Camp - Registration at the Center - \$10 per day/per child
- March 20, 21, 24 - Spring Break Camp - Registration begins March 3 at the Center - \$10 per day/per child

Human Service Programs

- Community Food Bank emergency boxes
- Economy bus passes (monthly)

Other Services

- Red Cross Blood Drives
- PCOA - Ambassador Program (senior information)

Facility Amenities

Indoor:

- Weight room
- Cardiovascular equipment
- Indoor walking track
- Handball/racquetball courts (3)
- Billiard tables (3)
- Dance room
- Meeting rooms (3)
- Open gym: (basketball, volleyball, badminton)
- Rooms available to rent for parties and meetings
- Pottery studio (available for leisure classes only)
- Arts/crafts room (available for leisure classes only)

Outdoor:

- Sand volleyball courts (2)
- Bocce courts (2)
- Baseball fields (3)
- Softball fields (2)
- Ramadas (9)
- Soccer fields (3)
- Amphitheater
- Swimming pool
- Horseshoes pits (2)
- Playground
- Exercise course
- Lighted tennis courts (4)
- Off-leash dog park (small and large dog areas)

Youth Programs

- **Busy Bodies Preschool** program for ages 3-5, Mon.-Thurs., 9am-noon. and Mon.-Wed., 1-4pm. Two different sessions available. Registration and fee required.
- **Basketball Basics for ages 9-10** - Tues. and Thurs., 4-5pm. A coed basketball program, focusing on the basic skills of ball handling, passing, shooting, defense and offense. Weekly skills and drills with a round robin tournament offered at the end of the session.
- **Basketball Basics for ages 11-12** - Tues. and Thurs. 5-6pm. A coed basketball program, focusing on the basic skills of ball handling, passing, shooting, defense and offense. Weekly skills and drills with a round robin tournament offered at the end of the session.

Teen Programs

- **Late Night Hoops Winter** - For ages 13-15 and 16-19. Offered Saturdays, October-February, 7-11pm. Teen basketball program. Free team registration. Male and coed leagues offered at Randolph, El Pueblo and Udall Centers. For more information contact the Sports Office at 791-4870.

Facility Use: City Resident

Pass	Daily	Quarterly	Annual
Adult	\$1.25	\$35	\$140
Senior (62+)	\$1	\$24	\$95
Youth (17 and under)	\$1	\$24	\$95
Family	\$3	\$75	\$300
Single-parent family	\$1.50	\$39	\$155
Racquetball court	\$2	*	*
Indoor walking track	*	*	\$40

Facility Use: Non-City Resident

Pass	Daily	Quarterly	Annual
Adult	\$1.75	\$45	\$175
Senior (62+)	\$1.25	\$30	\$120
Youth (17 and under)	\$1.25	\$30	\$120
Family	\$4	\$95	\$375
Single-parent family	\$2	\$49	\$195
Racquetball court	\$2.50	*	*
Indoor walking track	*	*	\$50

* Included with purchase of daily/quarterly/annual pass

Weight Room Certification Classes

—Tues., 7:30am —Wed., 7pm —Sat., 10:30am

- *Participants must be at least 14 years old.*
- *Ages 14-17 require parental approval.*
- *Age 14-15 require parent/guardian on-site supervision.*

Udall Active Adult Programs Healthy Aging

The City of Tucson Parks and Recreation, in collaboration with the Pima Council on Aging, will offer two outstanding programs designed to enhance the quality of life and the opportunity for greater independence for older adults and support caregivers.

Matter of Balance: Your odds of falling each year after age 65 are about one in three. This program has been confirmed, by research; to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among older adults. Classes includes practice exercise to improve strength, build coordination and balance, learn to get up and down safely from a lower surface, conduct a home safety evaluation and discuss strategies and options to affect appropriate changes.

Coming Soon...Enhance Fitness:

Aims to improve health and physical performance in older adults. Class includes: warm-up, cool-down, low impact aerobics, strength training, balance training and flexibility exercise.

If you or a person you know can benefit from these programs please call 791- 4121. Look for these programs at one of the following Centers: Armory, Clements, El Pueblo, El Rio, Freedom and Udall



Udall Senior Center - 791-4121

Hours:

Monday- Friday 8am-7pm
Saturday 8am-6pm
Sunday/Holidays Closed

Senior Center will be closed on Mon., Feb. 18.

Senior Programs Age 50+

- Cards - Bridge, Canasta
- Garden Club
- Line dancing
- Trips
- Bingo
- Needles Corner
- Tai Chi Chu
- Mexican Train
- Ballroom dancing - \$2 band fee per person
- Special events - seasonally - call Center for information.
- Billiards
- Table tennis
- Walking track
- Yoga
- Sit and Be Fit classes
- Book Club
- Scrabble
- Mah Jongg

Eastside Senior Club

The Eastside Senior Club meets in the Udall Senior Addition. Anyone 50+ is eligible to join. Eastside Senior Club membership cards cost \$1. Tucson Parks and Recreation and Eastside Senior Club sponsor monthly activities (must have a Senior Club Card).

- Senior Olympics (annual event), ages 50+ - 791-5909.

Other Senior Services

- SeniorNet - 721-7591 - Computer Classes for seniors 50+ www.tucsonseniornet.org



Spring Schedule at Udall's Year-round Pool - 791-4004

Adult Lap Swim: Mon.-Fri. - 6-8am, 10am-7pm and Sat.-Sun., Noon-4pm

Recreational Swim: Mon.-Fri. - 10am-7pm, and Sat.-Sun., Noon-4pm

Features: diving board and classes.